

A Brief Report

# Mother and Child Health & Nutrition (MCHN)

## PROJECT POSHAN MITRA

*Sukma, Chhattisgarh*



### OUR GOAL:

Reducing malnutrition, maternal & child deaths in the most conflict ridden and remotest tribal regions.



**FIRST  
1000  
DAYS**

## **Broad Works initiated by 'I do' team:**

### **a) Reducing Severe Malnourishment:**

Our Nutrition Resource Persons (NRPs) assessed the nutrition levels of all the kids in Jhapra panchayat every month. Severely malnourished (SAM) kids are admitted in Nutrition Rehabilitation Centers (NRCs). We counselled the parents of malnourished kids with the support of Anganwadi teachers & ASHAs.



Pics (L to R): Kids being identified as malnourished 2) SAM kid with her mother in the NRC

### **b) Promoting Pregnancy Check-ups & Hospital Delivery:**

With the help of ASHAs, our team ensured that the pregnant women had minimum 4 check-ups and facilitated deliveries in hospital. We identified high risk cases and counselled the pregnant women regularly to adopt safe measures.



Pics (L to R): Deliveries in hospital 1) ASHA worker with the mother 2) Mother & Father

### **c) Promoting Nutrition Gardens:**

We promoted Nutrition garden in the Anganwadi centres in Jhapra & Mulaguda. With the collective effort of the community, we planned to develop these gardens in organic way.



Pics (L to R): 'I do' teammates developing nutrition gardens in Mulaguda & Jhapra villages)



#### **d) Bridging Knowledge gaps – Pregnancy & Child Care**

We gave knowledge about the best practices of pregnancy and child care to the community through videos loaded in android tablets. Our tribal Swaasthya Saathis (SS) and Nutrition Resource Persons (NRPs) played an active role in effective communication.



Pics (L to R): Tribal women watching videos on the tablets

#### **e) Community Empowerment - Mothers Groups, Traditional Tribal Heads**

We have formed mothers groups in the tribal villages which give them a platform to discuss maternal and child health issues among themselves and come up with community-level solutions. This also facilitated knowledge transfer to the first-time mothers (Primi).

Our team worked very closely with the traditional tribal heads for effective community mobilization towards adoption of the best practices.



Pics (L to R): Mothers and 'I do' teammates discussing MCHN issues in the villages

Here are a few links to know more about our work in Sukma:

- 1) [Success stories of our work](#)
- 2) [Impact Report](#)
- 3) [Sukma – District Health Profile](#)
- 4) [Project Model](#)

## **LET'S UNITE!**

FOR OUR CHILDREN ✦ FOR OUR FUTURE ✦ FOR OUR NATION